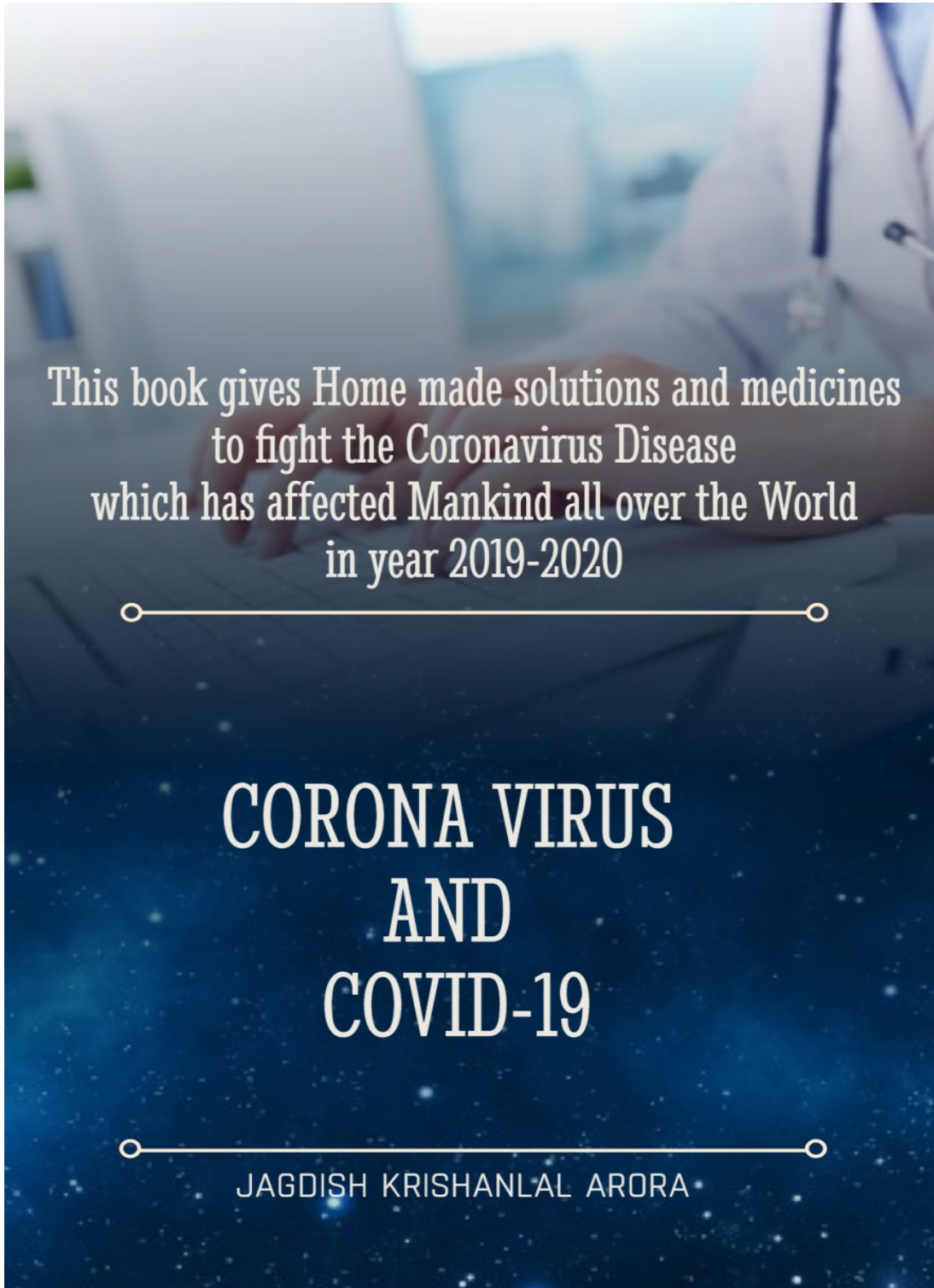




This book gives Home made solutions and medicines
to fight the Coronavirus Disease
which has affected Mankind all over the World
in year 2019-2020

CORONA VIRUS AND COVID-19

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Corona Virus and COVID-19 by Jagdish Krishanlal Arora

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Introduction

This Book will give number of solutions to fight the disease and similar and different type of illnesses affecting Humans all over our Planet.

You can skip reading the first few pages and directly go to remedies for the virus and come back to the initial pages later.

*****Due to shortage of medicines, Medicines for Anti malaria, Cholera, Tuberculosis and other infectious diseases affecting respiratory system should be tried.**

Many are available in injection and liquid form and continuous injection of antibiotics to blood also goes on reducing infection.

Urgent relief measures

Wash hands, arms, face and neck areas regularly with soap.

Even if people have mild symptoms, still they have to start taking Anti malaria tablets like Hydroxy chloro quinine or called chloro quinine.

Also, antibiotic capsules like Amoxicillin are available 250 mg and 500 mg.

They are also available in injection form and can also be injected directly which are more effective in form of saline's which inject drop by drop for fours. Three days at a stretch wipes out most of the infections.

Steam inhaling required for people even with mild flu, add mint leaves, rosemary oil etc. will give added benefit.

Putting Turmeric powder in nose can kill most of the infection who can take it. Initially nose will be sensitive, and pain killers can be used while applying Turmeric. As bacteria get killed in nose by Turmeric, the sensation in nose due to Turmeric reduces. This can be put using cotton or ear buds. When using cotton rotate cotton so it gets lined even inside the nose.

I forgot the ratio, but the virus

increases exponentially and in period of a few days it multiplies to millions of cells, that is the reason the 14 day isolation period is not end of the virus, but the period when infections will increase and all countries are doing isolation, when they should be ensuring that people with low virus count are not able to increase the infection in the 14-21 days isolation period.

This may be true for those countries in lock down and having very low reporting of the Corona Virus.

Lot of potent cough syrups are in the market, anyone with mild cough also should start taking it, will reduce further spread of the virus

Liquid form of fever medicines, like anti malaria and acetaminophen to be taken and decongestants available in the market.

Syrups with Chlorpheniramine and Dextromethorphan combination medicine can treat sneezing, runny nose, watery eyes, and cough caused by allergies, common cold, or the flu

*****Dextromethorphan Hydrobromide and Chlorpheniramine Maleate Cough Syrups**

Some cough manufacturers use Codeine phosphate also in cough syrups.

Wash the kidneys when going to toilet

Method: Use ample water if available to clean the bottom, extract out any remaining feces in the bottom hole by inserting finger and using water.

Doing regularly will take out old bacteria and clean the gut also having old material in the kidneys.

*****Social distance definitely reduces virus spread, but kissing should be banned, which is quick poison during virus spread from infected person.**

*****Build immunity, is best way to reduce casualties to non infected people.**

Steaming the nose with a towel over your head

Steam inhalation with warm, moist air gives relief in respiration difficulties. This will work better on mild infections.

For urgent relief it is recommended you do steaming of the nose and breathing steam to ease congestion till you get relief.

For this you have to boil water, till vapors come out.

Then put your nose and mouth above the hot water and inhale in nose at a sufficient distance.

Most Corona virus patients are suffering suffocation. Peppermint and Rosemary oil if available can be added to the water. Both are available in oil form and sometimes pharmacy has them as capsules and online stores have them as leaves.

This will also reduce fever and give emergency relief.

***This is not permanent cure.

Additionally to make breathing easier with medicines and reduce infection:

1] Acetaminophen and other decongestants can give immediate relief and are available over the counter in all US stores over the counter. Will reduce fever

Some worked better than others

These are used for Flu and cold and I used them and they were effective in clearing nose and making breathing easier for at least a week.

This will reduce demand for ventilators. Take all medicines with milk, natural juice or electrolytes for better results and for those who can eat can take after food.

2] Anti malaria tablets like Chloro quine and Neva Quinine will also help to slow down infection.

3] Hemoglobin syrups with Folic acid, Vitamin B12 and Iron

4] Tomato slices onion slices sprinkled with salt, lemon juice and eaten raw working good on reducing throat infection within 24 hours. It will also give immunity and food to body.

5] Plain soda water will also reduce throat infection if directly taken on throat one or two gulps every half hour but will give irritating sensation.

6] Regular intake of water directly on throat area to wash infection to stomach where it gets killed. Plain soda may kill some viruses on the throat area itself.

7] Orange Soda with Turmeric added sensation.

8] Watermelon juice with salt may also help to give energy.

9] Porridge or rice gravy with some cereals mixed for food.

10] Natural juices some may add salt for taste.

11] Take cotton and roll it in Turmeric powder, the cotton should be big enough to come out of the nose and roll the Turmeric coated cotton inside of the nose only.

This will kill all virus infection there.

Put it in the second side of the nose the next day.

****Also, applicable for those having mild symptoms and start of mild cough, start taking syrups. Several cough syrups available from having medicines to mild ones.

Those already having low Hemoglobin content are more susceptible to Corona Virus attack. You have to take Hemoglobin syrup preferably having Vitamin B12, Folic acids and Iron.

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1. Origin

Corona virus is not a new disease and symptoms start from illness, respiratory infections ranging from sneezing, and common cold.

We have had numerous diseases like these in the past, and have lost millions of lives.

All disease have common symptoms from common cold, fever, headache and difficulty in breathing.

These symptoms are signs of the diseased cells increasing the body.

Some of these diseases have come every 100 years:

1720 – There was a plague, unidentified as we did not know much about identifying diseases.

1820 – Cholera

1920 - Fever affecting Half of the World population at that time and death were in

Millions and a huge percentage of the World population died.

Almost all these diseases started spreading two to three years before 1720, 1820, 1920 and 2020 and almost have the same pattern.

For the Fever epidemic also called Spanish Flu, the disease existed for three years from 1918-1920.

All these diseases attack the immune system, when the immune system weakens the body starts showing system of fever which means it is initial sign of few virus cells have increased in quantity which outnumber the number of white blood cells in our body. When you start having common cold, sneezing and difficulty in breathing, it means the virus army is now more than the while blood cells which may be double or triple.

Ultimate death means the virus has spread to all parts of the body, and white blood cells are slowly getting killed and diminishing in quantity.

COVID-19 is just another form of the Corona virus, which spreads rapidly. This virus gets transmitted from animals to humans and also vice versa, meaning that humans can also spread the virus to animals. This has been proven as a dog of an old aged woman got the infection from the owner.

Small symptoms include breathing problems, suffocation like situation, flu, common cold, and regular sneezing. Larger ones include kidney damage, pneumonia and acute respiratory failure and ultimate death.

Corona viruses have existed earlier in humans as well as animals. But it was first identified in a human and a chicken in the 1960s. The human was having a common cold. Later on more variants of the virus have been found.

These viruses have a crown type structure with spikes around their body, and resemble in appearance to our solar system in shape.

Corona virus has not been detected in breast milk, and babies born to mothers with the illness have not been identified as yet.

Most of the animals, which have corona viruses including birds, have them in their upper respiratory tracts. Humans may have contracted the disease by eating these infected animals.

Some people believe eating bats may have caused the spread of the virus, but this has not yet been proved so far.

Although, eating rats, dogs, bats, vultures, eagles and many other animals should be banned or avoided at all costs. I would recommend a ban on eating them, but sometimes a ban results in humans, making it a business and selling and eating becomes a habit even with those 99 % people who will not eat them even if it is free.

Humans have a tendency to eat and drink those items, which get banned for good. We need to go back to the age old system, where superstition was used to make people avoid eating those foods which were dangerous for health.

2. Symptoms of Corona virus

The symptoms of the Corona virus can be in form of the following:

Flu or fever

This can include a blue lips or face similar to signs of poisoning or bacterial infection or redness of the nose and face and slight perspiration for some.

Difficulty in movement

Inability to rise up from the bed or chair, or moving from one place to another, loss of energy and mobility. Mostly for disabled and old aged persons or persons have earlier weakness.

Difficulty in breathing

Facing difficulty in breathing and shortness of breath. This is applicable for people having narrow breathing paths, narrow nose airways and small lungs, which cannot take in much air.

Having persistent cough

Regular cough with no stop and sore throat. Do not take pickle or other fermented food when having cough or cold. It will aggravate the situation.

Common cold and sneezing

The mucus can have a yellow or green color showing signs of infection

Transmission of the virus takes place by eating infected food of chicken, cows, pigs and other animals. This generally happens when the food is half cooked, allowing the virus to stay alive and get transmitted to humans.

Once transmitted on the human, it can propagate on to other humans while travelling, physical contact, eating in crowded areas, mass gatherings and public transport.

There is no definite research on the impact of COVID-19 on women and children including pregnant women. Most of the cases of infection have been found in adult

males and females, although a lesser number of infections have been found in children.

People who have better immunity recover from the infection. The symptoms remain for about two weeks, also called the self quarantine period, before they become detected.

That is why they specify a quarantine period of 14 days, without which it is difficult to detect the propagation of the virus. The symptoms appear in the form of a mild fever, cough and feeling tired and exhausted.

The symptoms increase and also transmit if the person, who has initial signs of the virus in the first two weeks, does not remain in self isolation or skips treatment.

The virus may go down due to better immunity, but small traces do remain in the body, depending on person to person.

3. Types of Corona virus found in humans

MERS - Corona virus

This virus causes the Middle East Respiratory Syndrome (MERS).

SARS - Corona virus

This virus causes severe acute respiratory syndrome, also known as SARS

SARS- Corona virus type 2

This is the latest one that caused the COVID-19 disease which spread worldwide and is continuing to propagate on a continuous basis, having caused thousands of deaths and many infected.

229E, NL63, OC43 and HKU1 are also variants found in Humans.

This does not include many other variants and strains of this virus spread throughout

the animal kingdom and transmitted to humans.

Animals acquire these diseases, when they move around in jungles, eat poisonous tree leaves, grass, fungi, leftover food we throw on streets, most of which is beyond our control.

The problem is the same with animals; they got it from somewhere else, from our leftover food and from nature.

When we eat these animals in raw or uncooked form, the diseased cells pass on to our body.

Those with strong immunity are able to manage. Those humans, who are having weak immunity and eat these infected animals, will pass them on to other humans.

Even fully cooked animals, with highly concentrated virus can give infection in case of fungi infected meat and also breads.

Diseases don't end after recovery; they are still there in dormant form.

After you recover, you have to continue to increase your immunity, till you are fully healthy.

The process is described in further chapters.

4. Common precautions for Corona virus

Improving immunity is the best alternative to fight viruses. They can be difficult to fight and require attention and care.

Some of the methods which can reduce infection include:

Regular bath, especially after travelling

Washing hands on a regular basis, after going out and coming back into the house

Washing face and arms

Regular brushing of teeth

Using medicated soap and masks

Getting immediate medical attention in case of mild fever, cough or cold

Avoiding mass gatherings, attending parties, functions and marriages during the period when the epidemic is spreading rapidly

Avoiding outside food, raw and uncooked food and any food that is not washed and prepared

Medical diagnosis will include taking the proper treatment as well as pre-treatment which is discussed further.

Coughing is sometimes side affect of Home based remedies and also pharmacy medicines.

There can also be normal cough which comes along with the illness or common cold.

This is due to the bacteria or virus shifting to the throat areas after taking medicines.

Regular coughing means the virus or bacteria are more concentrated in the throat areas rather than the body.

Coughing also occurs after taking medicines, as the bacterial shift from the other areas of the body and shift to the throat.

That is why we require additional cough syrups in addition to antibiotics for throat infections, to push the bacteria into the stomach, where it gets killed, by the acids in the stomach.

Some people recommend regular intake of water, so your throat areas gets cleaned. This needs to be done on a regular basis.

Some people I have seen drink water raising the glass or the bottle and directly drinking dropping the water at a height from the mouth to fall on the throat areas.

This method is being done since ages, and may be one of the methods to clean the throat of bacteria and other material like food and spices.

5. Using medicines and herbs to cure Corona viruses and COVID-19

Pharmaceutical medicines are given in another chapter. This chapter gives solutions using commonly used home herbs, spices and over the counter without prescription methods.

******Note: Home remedies are short term for emergency until you receive Doctors help.**

After you recover with the home based methods and are fit enough to go to Doctors and can afford the cost, and take their medicines as prescribed.

While using home treatments avoid pharmaceutical medicines, except Herbal cough syrups.

Use only one method either home remedies or normal Doctors specified prescriptions. You cannot do two types of treatments simultaneously, it will produce negative results.

We have to take food before all medicines to work whether home based or pharmacy doctor prescribed medicines. If we cannot have food, we can take bread and jam, bread and milk, biscuits with milk or tea, and even bread with tea, porridge and soups of

different vegetables. Food intake depends on country to country. These advices are common to all countries.

During any type of illness food is not tasty as our body is busy fighting bacteria. So we have to forcefully eat food. Therefore, we sometimes add additional salt to make the food tasty. This additional salt also helps to fight diseases.

Our body works by circulation of salt and sugar, which is same as how a battery works, by passing electric current.

Therefore, for medicines to work, we sometimes take Electrolytes solutions. These electrolyte powders are also available without prescriptions.

Salads, such as a mix of tomatoes, onion cut in slices, with salt and lemon sprinkled on them aid in removing infection in throats and also help in digestion.

Common herbs and medicines cure these diseases, but we do not use them in proper way as a medicine. They are extracted by pharmaceutical companies and given to us in

form of medicines or injections and vaccines.

Taking small amounts of sugar regularly eases breathing and clears the throat and relaxes breathing much like a cough syrup. Too much of sugar is harmful and it can be taken after a gap of some hours.

In night also if you feel suffocated, taking small amount of sugar will help you fall asleep and give relief in breathing.

Herbs, vegetables and spices

As it is very well known, that herbs and spices are used in everyday cooking across almost all countries. This has not stopped the spread of epidemics and chronic illnesses from time to time.

This does not mean that we can do without these herbs, spices or vegetables in everyday life.

Garlic, onion, tomatoes, ginger, pepper, turmeric and mint leaves are commonly used everywhere in cooking.

These also provide immunity, when included in cooking as well as eating onion and tomatoes in raw form. It is difficult to eat raw garlic, pepper and turmeric.

Turmeric powder

Turmeric powder will cure this disease maybe for short term or long term depending on the infection.

Turmeric powder can be used either in food, with milk, with cotton on infected areas and making juice with a little of ginger powder, salt and sugar.

Salt may make the mixture corrosive, and there may be slight irritation on the throat area.

Method 1

Take turmeric powder in a spoon and take a big cotton.

Roll the cotton in the turmeric powder so it spread all over the cotton ball.

The cotton must be bigger than the nose inlets, so it does not get sucked in the nose and become difficult to pull out.

Even if major portion of the cotton is coming out of the nose, it will be easier to pull it back.

Push the cotton coated with turmeric powder in one area of the nose only, as far as it can go keeping some portion of cotton outside the nose.

Keep it for a few minutes and if you move it around the better. The other nose inlet should be open for breathing.

This will allow the turmeric powder to spread evenly inside the nose layers.

Initially, you will feel a tingling and burning sensation if you have germs and infection in that part of nose.

Slowly, using three to four times, the burning sensation goes away as the germs and viruses get destroyed.

You will find your breath gets easier with each application of turmeric powder inside your nose.

If you use a ear bud it may go inside the nose into your lungs. If you use this ear bud do not push it up your nose or you will end up having an operation.

I don't recommend this ear bud as a safe method.

Using a small cotton ball will also get stuck inside nose and will require a Doctors' help to get it out.

This method is recommended for chronic patients and initial patients can use it if the tingling and mild burning sensation is tolerable.

Chronic patients need this as their condition is very bad.

I have not tried this method using oil preferably coconut oil and turmeric powder and making it as a paste and applying this on inner nose areas. This

might also work. But the cotton method did reduce infection by almost 80 %.

After using this cure, chronic patients need to use Method 2 on regular basis on recovering from method 1.

Both Method 1 and Method 2 can be done directly.

Method 2

For initial mild infections, turmeric powder can be taken with milk and sugar and boosts immunity when one is having fever, cough and cold and provides relief in absence of medication. This is not a permanent relief.

For chronic patients, cold and cough may reoccur after some months or years.

However, it is a good temporary relief.

Turmeric works great when we take it on regular basis with milk and sugar and also include some dry fruits like almonds, cashew nuts and dry grapes in it, along with some clarified butter.

If Method 2 is done regularly, it may give permanent cure for many years.

You have to boil Milk, clarified butter with a small tablespoon of turmeric and dry fruits.

Consume when slightly hot using a table spoon and cooling it with your breath if it is too hot.

Turmeric powder when applied with cotton and kept near private parts, removes the infections in that areas and also the skin which was black due to bacteria again becomes white.

Many people have infections in the private areas or groin, and turmeric powder may help to remove them.

Method 3

This method is for reducing throat infections. Throat areas can be washed down with plain soda using the following methods:

Option 1: Use plain soda directly from bottle or can and take in small quantity directly falling on throat areas. This will wash away some infections. It may have to be done after every hour or so.

Drinking plain soda directly from glass will not give the benefit.

You can try plain boiled water using same method, slightly warm if there is no soda available.

Option 2: Use Tomato cut into small slices and sprinkle salt and turmeric powder on it.

Eat the tomato slices one at a time. This may also wash some of the infection to stomach where bacteria get killed by stomach acids.

Option 3: Take orange soda water commonly available in the market, in half a glass or a cup.

Add a very small quantity of turmeric powder, salt, ginger powder and sugar if you want and lemon juice is optional.

Adding salt is optional. This method gives burning sensation in throat for long time.

When you shake this mix using a spoon, it gets mixed and takes it immediately.

This will kill all infections in the throat.

There is burning sensation in throat and chest for few days while you continue using it.

This is for chest and throat areas.

Soda helps for quick action.

Take once in a day or two days.

Once you stop, after infection is over, the burning sensation will go away.

Taking cough syrups and Hemoglobin syrup having Iron, Folic acid and Vitamin B12 will also helps to relieve throat irritation. This will help to reduce the burning sensation in throat.

Ice-cream

Ice creams help to get instant energy, if you are not having fever, but weakness. Some people are also able to take them in fever, when it has warmed, and the cream is easily digestible like milk.

Ginger Tea

Another method used to kill mild viruses and stop building new ones in the body is by drinking tea, boiled with ginger and water.

Even you can boil raw ginger in water and add sugar to make a homemade cough syrup.

This is preventive, when you are not affected by Corona virus or any other illness.

It may not work for those already infected with Corona virus and other viruses.

But they can take them additionally with medicines. Too much of ginger tea may cause burning sensation in the throat.

It will work for mild fever and cold, but will also require normal medicines such as **Paracetamol** and Acetaminophen.

But using these methods also means that we feel hot and energized and we may have some throat irritation, due to the turmeric and ginger being active in the throat areas and it goes away only when we discontinue.

The body also gets heated rapidly, but there is no temperature increase, when using these home methods. This does not mean we have fever, but due to the viruses getting killed, the body gets more energized and active.

Raw onion, cucumber, lemon and salt in Salads

This is for healthy patients, who want to avoid diseases, but can be used by infected persons after they are able to eat normally.

Some people also consume raw onion, tomatoes and cucumber along with juice of lemon and salt sprinkled on them, commonly known as green salads, just before having food. This acts more as

hunger appetizers rather than as a cure for any illness.

Even some Fruits such as Guava and Watermelon are served with salt sprinkled on them and they become tastier also. If a food is tasty it means the food is beneficial for the body and the body is in need of it.

All these methods can remove the bacteria in the throat and well as provide immunity and good health.

Salads provide essential vitamins and minerals and also boost immunity in long term. There are no short term benefits in eating salads or consuming vegetables for short periods.

We use lemon and salt in salads to destroy viruses or germs in raw salads and also to improve taste.

Herbal and normal Pharmaceutical **Cough syrups** can be used for cough related ailments and have to be taken with medicines mentioned in later chapters.

Only cough syrups will not work to remove respiratory infections and they have to be taken with some antibiotic to get removed. In case of fever and cough, both fever medicine and cough syrup are taken.

In case of common cold and cough, antibiotics and cough syrup are taken.

Only in rare cases cough gets removed with fever medicine or antibiotics only.

Cold and flu tablets suppress the disease for some time.

They are available over the counter without prescription, since the patient needs time to go to the doctors or there are no doctors nearby.

There are also decongestant tablets, which give you normal breathing for a week or a day. These are also available in stores, in some countries. These help when weather changes suddenly and your nose starts to give out more mucus than usual, which may expand into a common cold and fever, if not attended to.

Decongestant will clear the nose and lungs for short periods even for chronic patients with respiratory diseases, but it will reoccur again when medicines is stopped.

But chronic patients cannot take too much of this medicine and it is only for temporary relief.

Immunity also depends on Hemoglobin content in body. Ideal value is 15 with strong immunity.

Hemoglobin syrups are available some with Iron, Folic acid and Vitamin B12. They help to boost RBC count and increased immunity, when it has gone down.

Vitamin B12 is very essential to rebuild blood cells and make body strong and immune and fight disease.

Alternatively, multivitamins can be taken. Syrups and multivitamins are additional with medicines.

You can take them with home based remedies also.

All these medicines may not work for AIDS patients, but may improve the conditions in some. Some anti malaria medicines also help in recovering from all types of diseases and are discussed later. Doctors are discovering this now in times of the epidemic, and I knew it much before.

Decongestants mostly contain Acetaminophen which is a fever, pain and cold reliever and additional ingredients depending on manufacturer.

6. Immunity

Immunity is the capacity of the body to fight diseases and illness in all forms. We gain and lose immunity in various ways.

Overwork and Exhaustion

Work, overwork, improper work habits, spending excessive energy, eating fatty foods and gain in weight, not enough activity can harbor various types of viruses in our body.

We have to compensate our body, if we are spending too much energy while working, doing exercise and hard work as it consumes the essential nutrients stored in our body.

Our body is like a stock room of various minerals, nutrients, vitamins and other essentials which it needs to perform various functions.

Control fat

Each section of our body stores these to maintain our health. Being slim and lean means we store less fat in our body. Long

term fat acts as a storage house for disease, which gets enough food to last its entire lifetime.

It is sometimes desirable to have fat, but it needs to be optimum. Too less a fat is also unwelcome, but if the person is on regular food, it is beneficial to be slim and healthy.

Immune boosters

We cannot take too much of immune boosters like minerals, vitamins, herbs like turmeric, ginger and others as our body can absorb only a limited content and throws away the rest of the excess intake.

That is why we need to do small intakes of vitamins, minerals and immunity boosters, which our body can absorb easily and on a periodic basis, weekly or monthly, much like a polio drops intake.

Hemoglobin syrups with Folic acid, Iron and B12 are also taken to boost immunity.

B12 is very important to fight diseases. Same is with multivitamins. Body does not absorb all the multivitamins and most of it

gets rejected in the urine giving it a yellowish or brownish color.

Medicines aid in treatment and healing and are not solutions in themselves. We will discuss this in subsequent chapters.

Milk, vegetables and juices

Try to include milk, vegetables and juices in the diet. If you cannot afford them, use them occasionally.

These are needed along with medicines to cure ourselves.

Actually, these are cheaper than sodas, colas, alcohol and other packed juices in the market.

Packed juices contain the highest amount of bacterial and are a storehouse for bacteria.

Always prefer bottled juices, which can be seen from outside and juices in transparent bottles as paper packaging does not show the infected contents.

These juices and milk have been found to contain lumps of bacteria and go directly into body as we are not required to open them and use straws to drink them, even if the packed juice tastes stale and acidic and salty.

The difference in taste is an indication of the juice being infected with bacteria.

7. How Medicines work to fight diseases

Vaccines sold in the market contain traces of the virus itself.

These medicines contain the virus in the weak form or in a dead form and the other content in the medicines.

The general belief is that when taking a small amount of this medicine also called the vaccine, the body develops anti-bodies to fight this disease.

The first impression is that these viruses will not cause the person to have the disease, and secondly since these viruses are either weak or dead, the body will respond to this as an attack and destroy them and become immune and resistant.

Therefore, a medicine is an aid in treatment and is not a actual treatment in itself. It is ultimately the human body which has to fight the disease using medicines and injections.

Sometimes, we may get a small infection when taking vaccines, but in the larger interest when medicines do not help,

vaccines have come to rule the treatment market.

Vaccines may contain inactive viruses of measles, TB, chicken pox etc. and for AIDS they may contain man made viruses.

Some vaccines contain toxins, which are harmful for bacteria and these toxins are also made by lab produced bacteria, and vaccines are mostly used for life threatening diseases, when there is no choice or chances of survival.

The purpose of adding the weakened viruses in the vaccines is to make the body alert to pathogens and generate an immune response. Then the body is able to recognize the virus for the present as well as the future occurrences of the disease.

8. Medicines to be taken with Doctor Prescriptions

Prefer taking the below mentioned medicines with Doctors prescriptions. Pharmacies may not give you some medicines without prescriptions.

Doctors also specify dose, usage and check your recovery rate and then change medicines accordingly.

You have to take milk with sugar with some medicines. If you can eat food, always take medicines after food and not on empty stomach.

Diabetic patients can take milk without sugar or very little sugar or with little soda water or half to full glass plain water after food.

As soon as you start recovering, eat food depending on your digestion for better action and quick recovery.

You have to take full course of medicines two, three days as required or five days for antibiotics even if you have recovered.

Leaving them half stage will cause same or different illness later.

Recommended medicines are:

Paracetamol, also known as Acetaminophen

Paracetamol for mild fever, has to be taken regularly for chronic fever preferably with milk with sugar, or after food two times a day.(Two to three days maximum).

If using for more than three days continuously, it has to be taken half tablet with milk with sugar, two or three times a day.

Diabetic patients can use my herbal methods in above chapters, without sugar, using turmeric powder, explained earlier.

If you feel much better after two days, stop taking Paracetamol and take regular food and increase immunity with some healthy foods, which are easily digestible and mild and juices.

Natural juices with medicines help in recovery even if taken in small teaspoons with sugar or salt..

Side effects of Paracetamol and Acetaminophen: will cause liver and kidney damage if taken regularly or in high doses.

Use half **Paracetamol** with cup or glass of milk if taking regularly for chronic flu or fever.

Regular half **Paracetamol** with small glass of milk will remove dengue, cholera, stop occurrence of jaundice and corona virus.

Chloroquine and **Nivaquine** can be used alternatively for **Coronavirus** and COVID-19 and some small ailments, when **Paracetamol** does not work, even for common colds and fever. These are also used in fighting Malaria and Dengue.

Take them with water after food. Take milk before taking anti malaria medicines for Corona virus, if you are not able to eat food.

If you are able to eat food, you can eat regular food. Otherwise take milk before taking medicines.

Alternatively, take porridge or soups or gravy of rice and cereals.

Side effects are mild cough after taking these medicines.

Amoxicillin is for mild respiratory disorders and for initial stages of cold and fever.

Amoxicillin has to be taken two times, one in morning, and evening after food for at least a week.

Minimum days are four for **Amoxicillin** and at least five days if you can manage it.

If you take **Amoxicillin** and other antibiotics for one or two days and recover, then recovery is temporary and the virus still remains inside the body. It will again reoccur when your diet and immunity goes down or in bad weather, when everyone is ill.

Amoxicillin is available in 250 mg and 500 mg power. Use 250 mg, if you cannot absorb high amount of medicines.

The Pharmacy will have the same medicine in different names according to the company who makes them.

Same is for **Paracetamol** and other medicines.

Pharmacy medicines require full course of three days morning and evening for mild cases and three times a day for chronic illness. If taken for fewer days, the germs and viruses become resistant to this medicines and you will require more powerful antibiotics which are more costly.

Some medicines have to be taken on prescription of a Doctor and some are available without prescription, depending on country to country.

These medicines are toxins, if taken when we have no illness. Medicines taken without illness will cause body damage.

Avoid Pharmacy medicines when you have no illness. Keep them for emergency and throw them away one month before expiry date.

Keep them in dry areas. Wet medicines will be ineffective and also expired medicines will not cure you.

Some vaccines are given to children in their early age to prevent illnesses happening in the future, but are taken on prescription like polio drops.

Although, presently, no known perfect treatments for treating Corona virus exists. But they are under development and require a clinical trial of 2 years.

Alternative medicines are available for treatment and include those which are used for treatment of Malaria and Hepatitis B.

Remember common medicines used for cough and cold such as **Paracetamol and Acetaminophen**, work when the infection is still in initial stages. These are not brand names but only chemicals used in the medicines.

Amoxicillin works for mild respiratory infections and may or may not work for Corona virus and COVID-19.

Paracetamol or Acetaminophen and Amoxicillin may give only temporary relief from Corona virus if it is just started.

Anti malaria medicines such as **Chloroquine** and **Nivaquine** sold under different names, may reduce Corona virus and COVID by 50-80 % depending on the condition of the patient, initial or chronic.

All these medicines are chemicals as specified, different manufactures use them in the medicines they manufacture, do clinical trials and then based on the results sell them in the market as a cure.

Normally, for people with better immunity, any common medicine for fever and cough will work for the disease. But in case of severe impact of the infection, it will require vaccine treatment, injections and preventive care.

Known antibiotics have not been found useful for treating Corona virus and study is still premature.

Although antibiotics do work for cough and cold, but only when it is not critical like Corona virus.

Glucose is sometimes helpful in aiding recovery. This can be taken for non diabetic patients and taken in raw form as instant energy or with water. While taking medicines Glucose water is helpful as well as medicines can be taken with natural juices also, when milk is not available.

Antibiotic saline's in hospitals help recover patients and they have to be taken for three to five days, and then only they distribute in entire blood in our body and cure the disease.

Corona Virus and COVID-19 by Jagdish Krishanlal Arora



They are injected in our body like water,
making an injection in the arm of our hand,
or near the elbow.



If plain packed saline medical water is used as a saline in hospitals, it is normally for heart patients and diabetes can also be reduced using plain packed water distilled for pharmaceutical use.

This saline and distilled medical water is injected using the same method if doctors sincerely and honestly want to cure patients.

Saline water contains high amount of dissolved salts like sodium chloride.

Plain water is sometimes used, to dilute the blood.



Cough Syrups

Cough syrups are taken together with medicine, if patients have both cough and cold or have cough and fever only.

You can take both herbal and pharmaceutical syrups with above medicines.

Hemoglobin syrups and multivitamin tablets

As told in earlier home based remedies chapter, this is additional to the medicines you are taking and will help in increasing weak immunity, contradicted in the disease, while taking medicines.

Pharmacy medicines also cause weakness, when acting against disease, as they use up body energy. Then glucose is required as well as multivitamins and Hemoglobin syrups with Iron, Folic acid and Vitamin B12.

9. How to avoid side effects of Medicines

Not all medicines work for everyone and it depends from person to person, how immune the person is as well as his dietary habits and the treatment facilities provided to him.

All medicines have side effects. Some side effects are nominal and may include vomiting, diarrhea, hazy mind, confusion, irregular bowel movements and stomach pain etc.

Most common are dizziness, headache and numbness or feeling lazy and sleep for some days after recovery.

You need to take natural juices. For some if they have no fever, they can take ice creams for instant energy or glucose.

These side effects are due to taking excess medicine, required during the illness and get neutralized only with regular and forceful intake of food, vegetable & tomato soups, and juices.

Sometimes the throat becomes dry due to taking medicines regularly for many illnesses simultaneously.

This causes dryness of throat.

The reason is that medicines are also toxic and if taken without proper diet they enter the body directly as a harmful chemical damaging our critical areas.

Taking medicines after food or with large quantity of food for people who can eat regular food in fever, will reduce harmful effects. This is also good if taken with milk.

Most medicines are taken with milk or after food. The food and milk lower the concentration of the medicines and make it less pungent, as well as distribute the medicines evenly across our entire body.

Medicines taken on an empty stomach act as toxins for the body as well and are corrosive and erode the critical skin protection in the stomach, liver and kidney damaging them. When the skin covering in stomach, liver and kidneys are damaged by the chemicals

in the medicines, they cause vomiting, stomach pain, headache, diarrhea etc.

To mitigate these effects, we have to eat food forcefully as well as fruits and juices when we contract such diseases.

Food becomes tasteless when we have an illness and it also due to the medicines we take when ill.

We require more salt in food during an illness as food becomes tasteless and sometimes salt helps to fight the disease partly when ill.

Therefore, sometimes when we cannot eat food, we have to take it in liquid form such as porridge, rice & cereals thin liquid gravy and so on and hot milk preferably with turmeric powder and sugar.

Regular brushing and cleaning of hands is recommended with hot water, since using cold water increases fever.

Herbal methods have only one side affect, slight burning and irritation in throat or chest or both.

Once breathing becomes normal and you start breathing from the nose, the dryness in the mouth goes away.

You can try breathing using masks if you have habit of breathing from the mouth, keeping the nose area free from the mask.

10. Occurrence and Prevention of Disease

These methods you will not find on Google or in books.

Not all diseases can be prevented. It is not depend on us. Improper cooking and unclean and raw meat and vegetables can also transmit disease.

Regular check up is recommended for small fever and cold. Fever, cold, sneezing and cough are the first indications of the start of a future illness and an indication that not everything is good with our body.

Fever indicates entry of a small amount of bacteria, in our body, where the body has started to fight the intruder bacteria or pathogen.

The bacteria also multiply, similar to our human cells and the fight goes on. If we have more white blood cells, which are our soldiers and more immunity, in the form of nutrients and vitamins that are our weapons, we can fight the fever or any disease.

An intake of a Paracetamol or any fever reducing medicine with milk reduces the fever and our body fights the rest.

Common cold and sneezing means the bacteria has entered our respiratory system, which is our main operation area.

This leads to irregular breathing, shortness of breath and the breathing passage getting lined with mucus which is infected. The body produces more mucus than usual.

There are no perfect solutions for this. We try number of medicines, cough syrups and off the shelf cures, but they provide only temporary reliefs and stay with us till our ends.

But their effects can be reduced, with building immunity, eating foods which are clean, regular baths, regular brushing or cleaning teeth and regular hand wash.

Wearing dirty clothes, clothes are smelling with sweat and worn for many days at a stretch, and working with dirty hands are a welcome sign for getting ill or having a critical disease.

Coming in contact with people who have critical diseases, which includes intimate contact can spread diseases rapidly.

To avoid this we need to use masks and other protective measures.

11. Cooking, personal hygiene and eating habits

Sometimes, we eat expired food and they build up bacteria when stored. Raw meat and other vegetables are stored in refrigerator, but due to electricity fluctuations, they remain off for certain period and can also accumulate bacteria.

To prevent this, they have an expiry date including foods which can be preserved for weeks and months.

Especially with raw foods such as meat and vegetables, these need to be washed, then cooked properly. If they are half cooked and were in the shops for longer time, then they contain bacteria.

Full cooking eliminates most bacteria, but if the food has fungus, then full cooking will not remove the pathogens.

The reason is that, the bacteria dies in full cooking, but the toxins generated, when it became a fungus as in stale bread gets absorbed in the body.

No regular brushing, bath or cleaning of bowels is done, which helps bacterial pile up inside the body.

Dirty utensils used in cooking and while giving food, as well as unclean hands used in cooking and cutting vegetables, meat and other food items.

Sneezing and coughing on the food while cooking food and using the infected hands to cut food items.

Eating in each other's plates, and using the same spoons for multiple people or sharing spoons and drinking glasses in groups.

12. Proper Diet

Some people due to poverty eat only the bare minimum, some stick only to a particular food such as only breads and meat, or breads and chosen vegetables. Still they are better immune to diseases.

Doctors recommend you to eat different types of foods drink juices and also take vitamins and minerals and still you fall ill.

Even after taking all types of food, nutrients and medicines, still we fall ill, and then we blame the Doctors.

Eating is not the only solution; we also need to have them in sufficient quantity and not in excess.

In addition, we need to use clean utensils, clean hands while eating, means washing our hands before eating, and regular bath and cleaning our teeth.

If we eat with dirty utensils, eat bacteria infected food, eat without bath or cleaning our teeth, we will still get ill, no matter what we eat, even the best of foods.

13. Hospitalization

When nothing works, local doctors cannot give treatments since the illness has progressed to an advanced state, hospitalization is the only solution.

The reason may be old age, weak immunity, bad hygiene habits followed, stubborn nature not to clean hands, take bath, avoid cleaning teeth, eating in unclean environments and refusal of the body to do what is needed and laziness to take medicines and preventive care.

When we are unable to take the medicines on our own and our stubborn nature prevents us from helping ourselves to get cured, we need to get hospitalized.

The bacteria once it infects the body, makes us lazy, makes life less interesting, controls our mind and tells us not to maintain cleanliness.

This is done by attacking the functions which help to run our body smoothly.

Hospitals use services to either force the patients to treat themselves under supervision, by providing nurses, doctors and specialists, who ensure that the patient takes the prescribed medicines as required for some days or weeks or longer.

They are not doing anything different from local doctors or what we do in our house, only they do it under supervision, which helps to get a cure.

A normal patient goes to a local doctor, gets a prescription, but may not buy the medicine, or skip treatment due to preoccupied in work or for financial reasons or to save money.

Ultimately, it increases to such a stage that one day; he is no longer having capacity to work or becomes immobile.

In old age, immunity becomes weak and it is natural to become susceptible to illness of any form. This is outside scope and can only be treated if patient is agreeing to bear the cost.

It may work or may not work, but that is acceptable to everyone including the doctors, and this is true for all critical diseases.

Bad habits die hard and we take action only when it affects all of us.

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